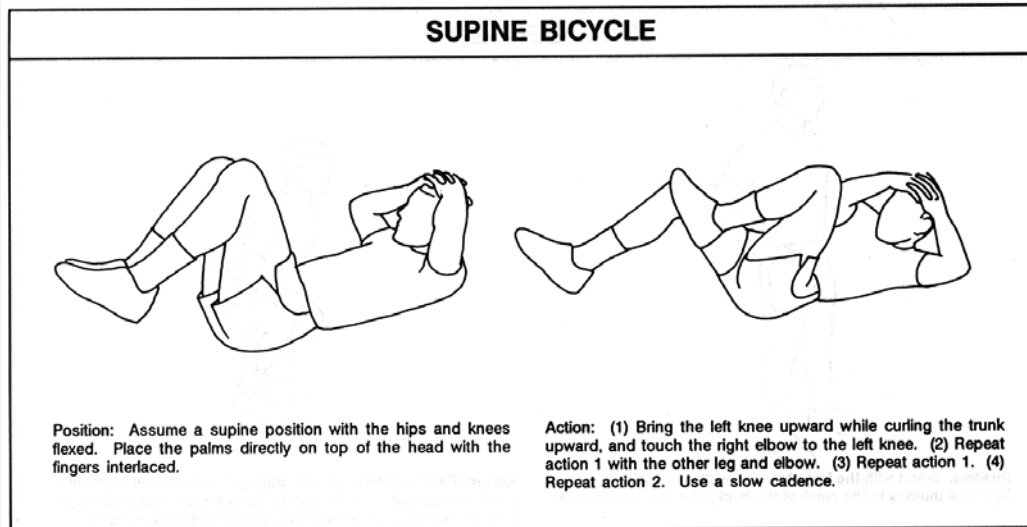


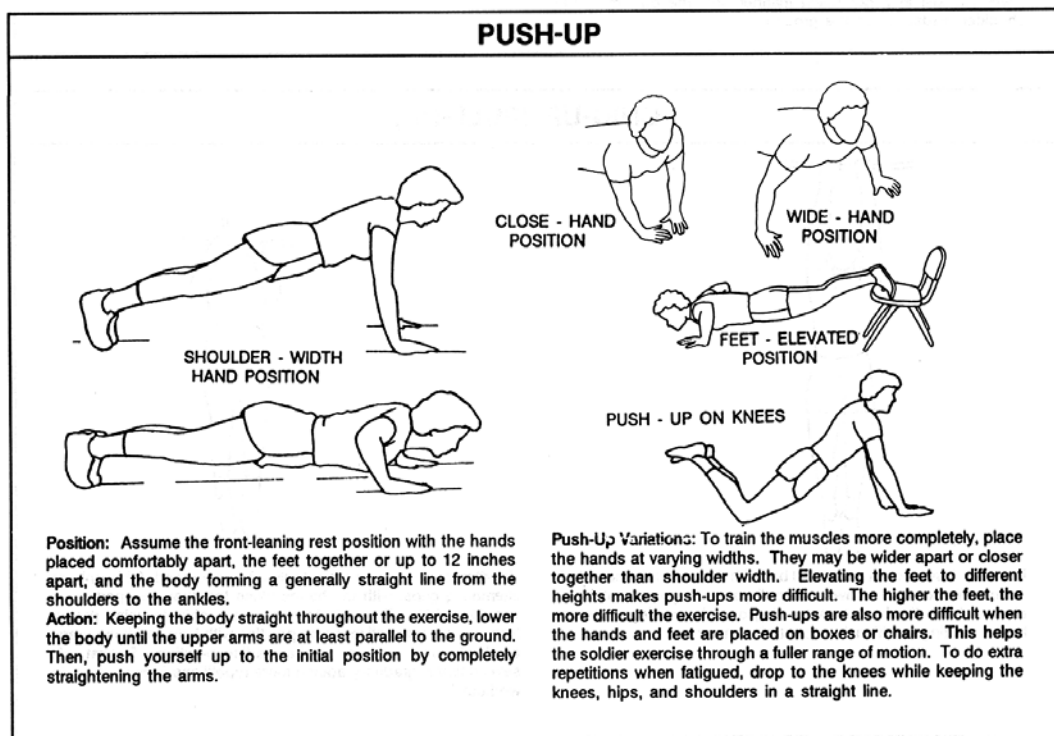
Reserve Component Physical Training Program

Appendix C. Conditioning Drill 2

Conditioning Drill #2, Exercise #1



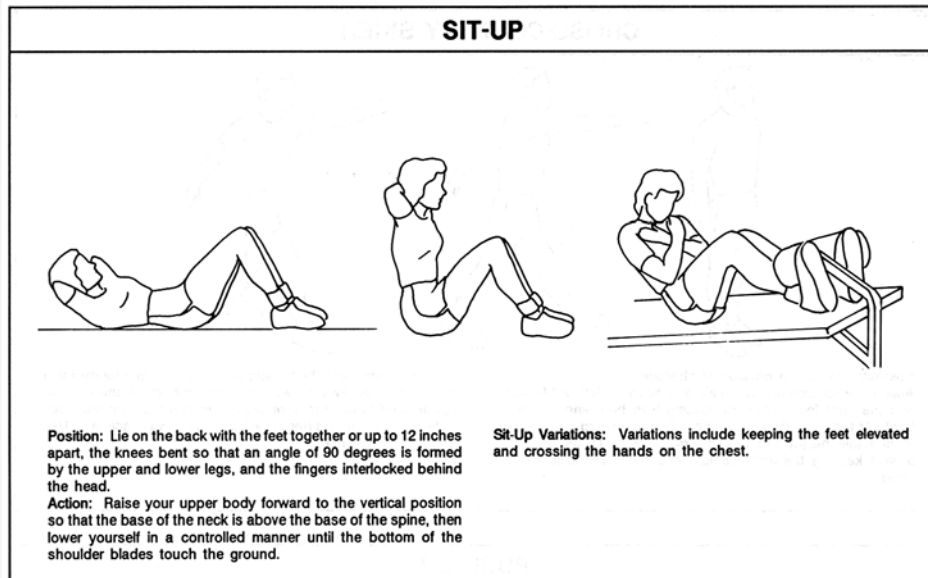
Conditioning Drill #2, Exercise #2



Perform as many repetitions as possible in the time allotted on the training schedule. If you need to rest you may flex your back or sag in the middle. Return to the starting position before continuing with more repetitions. Pay close attention to your form.

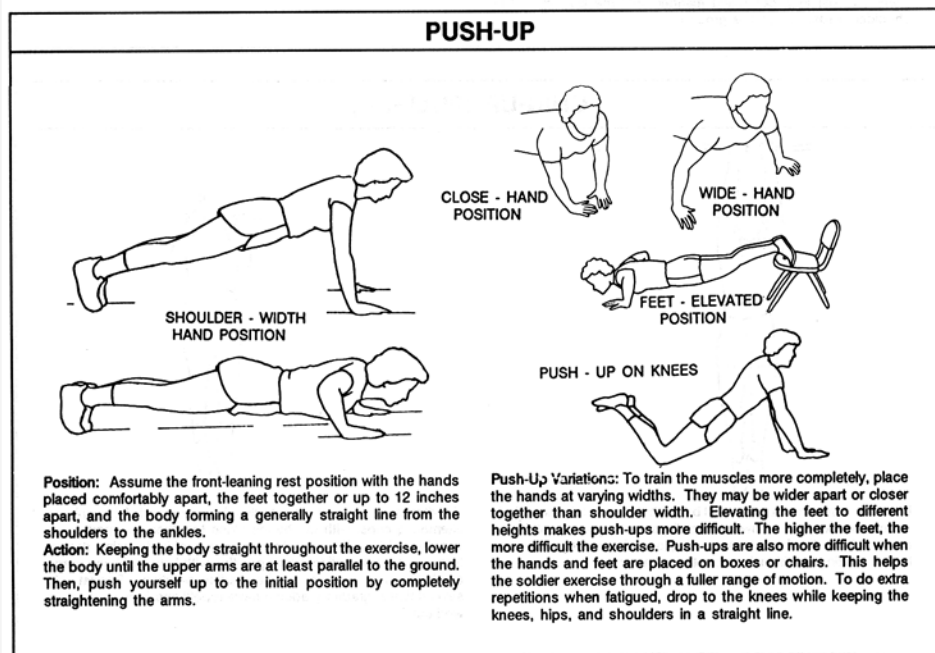
Reserve Component Physical Training Program

Conditioning Drill #2, Exercise #3



Perform as many repetitions as possible in the time allotted on the training schedule. You may have someone hold your feet with their hands only. Pay close attention to your form.

Conditioning Drill #2, Exercise #4





Perform as many repetitions as possible in the time allotted on the training schedule. If you need to rest you may flex your back or sag in the middle. Return to the starting position before continuing with more repetitions. Pay close attention to your form.

Reserve Component Physical Training Program

Conditioning Drill #2, Exercise #5

ABDOMINAL CRUNCH
This exercise is for the rectus abdominis muscle.



Position: Lie on your back with both legs bent at the knees and the upper legs at right angles to the floor. Your arms should be crossed at chest level with the palms of the hands on their opposite shoulders. Your ankles may be crossed but, in all cases, the feet should not touch the floor.

Action: Roll up your upper body by first lifting your head and tucking the chin. Next, curl your spine by rolling the upper back and then the lower back off the floor. Pause briefly in the up position while tensing the abdominal muscles. Return in a slow, controlled manner to the starting position by "unrolling" the upper body. Do 20 to 50 repetitions to muscle failure.